TIMES-VIRGINIAN

In the Heart of Virginia's Dark Tobacco Belt

Appomattox, Virginia

ESTABLISHED 1892

Mr. and Mrs. Calvin Robinson — Editors and Publishers

Entered as second-class matter at the Post Office at Appomattox, Virginia, under Act of Congress of March 1, 1879.

Subscription rate: $2.00 a year, payable in advance.

Member National Newspaper Association, The Virginia Press Association, Inc., 426 Bankers Building, Baltimore 2, Md. Advertising rates upon request.

Member Virginia Press Association

TRUMAN'S MOST DAMAGING CHARGE

YOUR DUTY AS A CITIZEN

SENATOR CARL HAYDEN

Washington Notes

U. S. STILL IMPORTING

PROTESTS MOUNT

MISSILE SITES SOUGHT

DRASTIC SHIFT BARRED

NATO'S

NEW AGENCY PROPOSED

U. S. CAUTIOUS

PAY BASED ON SKILL, WRIGHT

Work Trying

"Here's 60 cents, Dad. How about getting me two of those dollars you say are worth only 50 cents now?"—From The Wall Street Journal.

Rare Opportunity

The FCC is going to look into television. Maybe it can find a station Sen. Capehart can tune in on.

Not Always

Flatterer to his wife: "Darling, I'm going to give you a mink stole! Anything you have been dying for, I shall give it to you!" Reply: "Oh, Bert, I'm dying for a mink stole!"

Government economy: Eisenhower likes the Lincoln Post Dispatch.

Increase in Fattening Lamb Business Would Pay

WHY BUY STATE FARM? Our Semi-Annual Premium Plan means 42% Insurance protection many-to-midget, many-to-giant, many-to-exciting extra. For more information, call the local Phone Office 2662. Home Office

John P. Taylor

Dial 2663 — Appomattox

— AGENT —

We Are Now Paying

3%

INTEREST

ON ALL SAVINGS ACCOUNTS

THE

Farmers National Bank

APPOMATTOX

VIRGINIA

DEPOSITS INSURED UP TO $10,000 BY F. D. I. C.

Meet Mrs. M's silent partner...

an automatic

ELECTRIC

WATER HEATER

Mrs. Modern uses hot water 154 ways in her homemaking. And her Electric Water Heater keeps piping hot gallons on tap all around the house, all around the clock. Yet this helpful partner is so silent, so automatic, so completely trouble-free, she never gives it a thought.

It's a money-saving partner, too. With its ample, 80-gallon tank, and its time-controlled meter, it heats all the water Mrs. M can use at a money-saving 1½ per kilowatt hour!

Why not be Mrs. M. yourself? See the sleek, new Electric Water Heaters at your Electric Appliance Dealer's or Plumbing Contractor's. And to plan better electric living all over your home, ask Vepco for the NEW, FREE HOUSEPOWER WIRING CHART.

$100,000 Housepower Contest! See "Saturday Evening Post" March 8, or "Better Homes and Gardens" for March.

VIRGINIA ELECTRIC and POWER COMPANY

VEPCO

...newall

...wall, March 10.- My, my, we ...ing another snow to mess up ...again. The roads had all got...good, and the highway folks ...all the roads in such good ...time once more. But they had ...back to work on Sunday again. ...see all this snow.

...Mary Witt, of Bedford, is ...in the home of Mr. and Mrs. ...Stratton.

...and Mrs. John Alvis and ...visited her mother, Mrs. Her...Mathews, Jr., who is ill in the ...ville Hospital, on Sun...had an operation there last ...We are glad to hear that she ...fine. We wish for her a ...speedy well.

...and Mrs. Rufus Burnette spent ...week-end in Charlottesville with ...son-in-law and daughter, Mr. ...Mrs. Harry Lawson.

...and Mrs. Irby Wheeler have ...home after a pleasant visit ...their son-in-law and daughter, ...and Mrs. Don Keaden and baby ...

Mr. and Mrs. Henry Beard and Lawrence and Mr. and Mrs. E. L. Chick were in Lynchburg on Saturday and visited Mrs. Chick's brother, Glenn Drinkard, who is sick in Memorial Hospital. Glad to find him better and we wish for him a speedy get-well.

Rev. Aaron D. Smith preached at Bethel Church on Sunday morning and he was the dinner guest of Mr. and Mrs. Lyle Moore.

Mr. and Mrs. Clayton Drinkard Sr., of Lynchburg, visited Mr. and Mrs. E. L. Chick on last Wednesday.

Mr. and Mrs. Ben Wheeler and children, of Appomattox, spent Sunday with Mr. and Mrs. Irby Wheeler.

Mr. and Mrs. Virgil Carson, of Roanoke spent last week with Mr. and Mrs. Lester Carson.

Our community was saddened on Sunday to get word of the death of Mr. Allen Chick. He had many relatives in our community, who will be sorry to hear of his death. We extend sympathy to his loved ones.

WIRTHMORE

The BIG NAME in Farm Feeds

Serving The Poultry and Livestock Industry Since 1866

WIRTHMORE HIGH-GRADE FEEDS

Appomattox Farmers Supply Co.

Your 'Drive-In' Feed Store

DIAL 3141 APPOMATTOX

Mr. and Mrs. Irby Wheeler visited their little grandson, Brad Wheeler, who is on the sick list in Lynchburg last Sunday. We wish for him a speedy recovery.

Sorry to hear that Mr. Marvin Stratton is not so well at this writing.

Mr. and Mrs. Bill Seay, of Lynchburg visited Mr. Marvin Stratton on last Friday evening.

Mrs. Calvin Tanner and Miss Charlene Thomas spent the week-end in Richmond with friends.

Miss Mary Jane Martin, of Appomattox spent the week-end with Miss Carey Ann Carson.

PAMPLIN, ROUTE ONE

Mrs. Edgar A. Baldwin, Sr., and Mrs. Albert L. DeHart and little son, Albert Jr., spent last Wednesday night visiting Mrs. John DeHart, in Narrows, Va.

Health and Beauty

One of the most expressive features of a woman's face are her eyes. Many of us think that after we have learned a few makeup tricks and gotten eight hours of sleep, that is all we can do to make them look their best. As important as these things are, you need not stop here.

A fully adequate diet will benefit even the most beautiful eyes. This means ample protective foods —meats, eggs, green leafy vegetables, yellow vegetables and fruits, all kinds of fresh vegetables. We can't stress too strongly how necessary it is to eat fruits and vegetables raw whenever possible. Heat and exposure to light and air are not friendly to B vitamins and vitamin C.

Remember that the less cooking, shredding and storing you put your foods through before eating, the better. If you live in the north, it is hardly possible to get enough vitamin D in the winter, unless you supplement your diet with fish liver oils. Never take the synthetic vitamin D, if you can get the vitamin from fish liver oils.

Fish liver oils contain larger amounts of vitamin A than any other food, so they are an absolute necessity for eye health. Make a conscious effort to eat lots of yellow vegetables, such as carrots and sweet potatoes.

Eat completely whole grain cereals, lots of organ meats, such as liver and kidney, to insure intake of the B vitamins. If you feel that your diet is short on the B vitamins, try adding brewer's yeast to your food each day. Desiccated liver contains all the B vitamins and is important as a diet supplement if you do not eat enough organ meats.

Vitamin C is important in eye health and beauty. Citrus fruits are important here, along with such items as parsley, watercress, endive, raw spinach, and celery. Remember that bleached or over-processed items have very little, if any, vitamins in them.

About The Home

By Frances Dell

It is said that Americans are the biggest pill takers in the world. And more than anything else, we take sleeping pills. Tons of them are swallowed yearly.

There are hundreds of books and theories which explain how to fall asleep faster, deeper, just when you want to, and only when you should.

The odd thing about all this is that surveys show that though we go to all kinds of trouble trying to get to sleep, America still has over 26,000,000 obsolete mattresses and springs in use.

Is there any wonder we need pills, gadgets, and theories! Perhaps we should look under the sheets at the bumps, lumps, dips, rips, deflated sacks and torture racks on which we try to sleep, then replace them with top-quality bedding, and we could get to sleep without all these sleep-inducers.

After many of us get a comfortable bed it would seem we don't know what to do with it. Don't expect to fall into your comfortable new bed and go right off to sleep. If you do expect this, and find that you are still awake a half hour later, many of us start to fret, and here we defeat our own cause. Most of us follow a fairly common pattern. After about twenty to thirty minutes we begin to catch little periods of sleep lasting no longer than a minute or so. They increase in duration and we progress into a more intense condition of lethargy.

You must be relaxed and feel confident that you will some time or other reach a state of lethargy or semi-sleeplessness. This is followed by deep, restful sleep.

Doctors who have made a study of sleep tell us that we obtain a better quality of sleep if there is some fresh air coming into the room. The cover should be warm enough for the climate but never heavy in weight. The clothes chosen for sleep should be loose fitting and should have sleeves.

Subscription rate: $2.00 a year; payable in advance.

ASK UNIFICATION STEP

Panmunjom, Korea.- North Korea has called for the withdrawal of all of the United Nations forces from South Korea as the first step toward unification of Korea.

The Communists also proposed a "free election" throughout Korea, and economic and cultural exchanges between North and South. The Communist proposals were made at a meeting of the Military Armistice Commission.

Plan to cut National Guard stirs protest.

Higher in-season rates on passenger ships due.

Almost ace-free valleys are found near South Pole.

Mysterious tracks are found on ocean floor in Artic.

Play safe — drive carefully.

Value throughout—and easy to o-

Liberal trade-ins, easy terms

See it now!

Appomattox Hardware Co.

APPOMATTOX, VA.

LAWN MOWERS

HAVE YOUR LAWN MOWER REPAIRED NOW!

Don't Wait Until You Need It

And Find It Won't Run!

BRING IT DOWN TO

WESTERN AUTO TODAY

We will check and set Ignition Points, Clean carbureter, Sharpen Blade and Tune Engine,

All For — $1.95 labor. Parts extra.

POULAN CHAIN SAW SALES & SERVICE

CHAINS & REPAIRS

Western Auto Store

Home Owned By

CECIL J. ROWE

22 Main St. — Appomattox, Va. — Phone 5271

THE FURNITURE MART, Inc.

Lynchburg :-: Virginia

Has Moved To Their New Location

309 -- 12th Street

We now have much larger selections of Furniture for your home

Bedroom Suites from $79.95 to $539.00

Living Room Suites from $79.95 to $395.00

Complete Line of Kelvinator Appliances

Refrigerators, Electric Ranges, Automatic and Conventional Washers, Dryers, Deep Freeze and Water Heaters

THE FURNITURE MART, Inc.

309 -- 12th Street -:- Lynchburg, Va. -:- Phone 2-5781

Clarence A. Cole, Manager